

Have a Safe and Happy Holiday Season from your friends at the Hurlburt Field Emergency Management Flight!



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Installation Office of Emergency Management

Hurlburt Field Emergency Management Flight, USAF

For More Information Contact your installations office of Emergency Management (884-7869)

CHRISTMAS TREE SAFETY

NEVER use candles to decorate trees! Unsafe practice of the past, but still done for tradition's sake. Water cut trees daily with the rule of thumb: 1 qt water per 1" diameter per day (initially). Dispose of tree immediately after season ends before the needles dry out. NEVER place near heat sources like space heater, fire place, radiators, etc. When it comes to artificial trees; look for "Fire Resistant" label. They may still catch fire, but will resist burning and extinguish quickly. NEVER use electric lights on metallic tree! Faulty lights may charge the

metal and electrocution may result. Finally, use "Non-tip" style tree stands and avoid lead-based decorations.

For on-base personnel HFI 32-2001 chapter 10.19 states :

10.19.1. Electric string lights and wiring must be UL approved and in good operating condition.
10.19.2. Unplug all electrical decorations when building is unoccupied.

10.19.3. The use of live Christmas Tree's in any base facility is prohibited, excluding base housing. Only artificial tree's are allowed.

10.19.4 Any decorations utilized inside base facilities must meet the Life Safety Code 101 requirements for interior finish. Camouflage netting does not meet interior finish requirements and shall not be hung in any base facility.

AFI 32-2001 chapter 6 states: Decorations.
6.2.13.1 Electric string lights and wiring must be UL (or equivalent)

approved and in good operating condition.

6.2.13.2. Unplug all electrical decorations when building is unoccupied.

6.2.13.3. Decorations shall be noncombustible or fire retardant.

6.2.13.4. Larger decorations, i.e., Christmas trees or fake fire-places, if authorized, shall not block exit or paths of egress.



6.2.13.5. Decorations utilizing an open flame are prohibited.

6.2.14. Fire Alarm Systems. Supervisors shall ensure all personnel are familiar with the fire alarm systems, know how to report an emergency and how to activate the fire alarm system. At no time

shall a fire detection, suppression or alarm system or device be painted, locked or obstructed in any manner.



EXTENSION CORD SAFETY

Use only UL or FM approved extension cords. Always INSPECT for damage, look for damaged insulation, splices, or loose plugs. Never run through doorways or under rugs because the insulation can become damaged and create a potential fire or shock hazard. Be sure to match plugs with outlets, and never force a 3-prong plug into 2-prong socket. Store cords indoors

when not in use, as outdoor conditions can deteriorate cord over time. Also, never use indoor cords outdoors! Know cord rating and total load placed on it! The cord gauge is based on American Wire Gauge (AWG) system.



Always inspect for damage, look for damaged insulation, splices, or loose plugs!

LIGHTING SAFETY

Use only lights tested by recognized testing laboratory (i.e. UL approved), and check light strands for broken sockets, frayed or bare wires, or loose connections. Always turn off all lights when you go to bed or leave the house. For added shock/electrocution protection plug lights into circuits

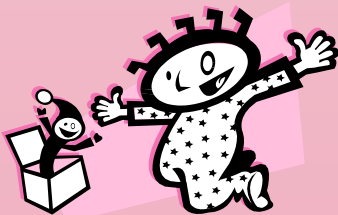
protected by Ground Fault Circuit Interrupters (GFCI). Avoid using tacks, nails or metal staples to secure light strands. Uses insulated staples and remember pre-installed hooks are safe and convenient. Install lights without power/unplugged, which will avoid shock if you touch overlooked exposed wire.

Fasten outdoor lights securely to protect from wind damage.



KEY POINTS TO REMEMBER !

- Follow basic tree and lighting safety guidance
- Know the load being placed on extension cords
- Get help from a qualified electrician if needed
- Have fun while decorating.....SAFELY



EMERGENCY MANAGEMENT SEASONS GREETINGS

Seasons Greeting from your Hurlburt Field Emergency Management Flight! It's hard to believe another year has passed us by and already the Holiday Season is upon us. Perhaps the old saying is true "how quickly time flies when you're hard at work". This is certainly the case for the Hurlburt Field Emergency Management (EM) Program.

Base personnel were organized, trained, equipped, and tested during

this past year. Preparations for 2008 began with the EM Staff Assistance Visit (SAV) program where over 40 units were evaluated on their ability to comply with Air Force EM guidance outlined IAW AFI 10-2501, EM Program Planning & Operations. Units were able to capitalize on the EM SAV program in preparation for the installation's Unit Compliance Inspection that occurred in May. The hard

work and dedication by the units and the program managers resulted in a 100% compliance for all evaluated areas.

The tireless efforts continued as the 2008 Hurricane Season began on June 1st. Hurlburt Field hosted an annual Hurricane Awareness Expo where emergency responders from the installation and local community came together to educate the base populace on preparedness response, recovery, and mitigation actions in the event of a hurricane or tropical storm.

The installation has thus far weathered a hurricane season that has resulted in 15 named storms.

A remarkable shift in Emergency Management training standards changed in 2008 for the 1 SOCES Readiness & Emergency Management Flight emergency responders. In partnership with the 1 SOCES Fire & Emergency Services (FES), EM Flight personnel received

valuable training by FES cadre and were able to be awarded the nationally recognized HAZMAT Technician certification IAW DOD, DOT, OSHA, and NFPA standards. This certification brings an added response capability for the installation in the event of a hazardous materials incident.

The 2008 year is coming to a close however HFLD continues to make significant progress in the EM

program. After Hurricane Katrina in 2003, the President of the United States signed Homeland Security Presidential Directive (HSPD) – 5 establishing a single National Incident Management System (NIMS). The Department of Defense followed suit in 2006 with the implementation of the Air Force Incident Management System (AFIMS).

The installation continues to put forth efforts in implementing AFIMS and have established objectives for 2009 to include creating a consolidated emergency communications center and developing new lines of communication between the Incident Commander (IC), Emergency Operations Center (EOC), and Unit Control Centers (UCC). Happy Holidays!



AVOIDING HOLIDAY STRESS AND BLUES

Christmas is associated with happiness, but many of us end up feeling overwhelmed or alone during this time of year. Fortunately there are steps you can take to reduce stress easily. First the basics: Keep to your normal routine, most people find structure reassuring and comforting. This includes your PT. If you must miss evening PT because of a holiday gathering, could you exercise that morning or on the next day instead? Most of us only PT 3 or 4 days a week. If you miss your

usual day, just schedule time for PT on one of your other days. So long as you get the same amount of PT over the course of the week, you should be fine.

The usual routine goes for sleep as well. If you maintain your usual sleep schedule it will help reduce fatigue and exhaustion. And everyone feels better when they are getting enough sleep. This may mean saying “no” to some things or people, which leads us to the next step: prioritizing. You don’t have to put your life on hold or totally rearrange your schedule because of the holidays. If you don’t want to do something, then don’t. You are not obligated to say yes to anything, and you certainly do not have to go to every event you are invited to. It is perfectly acceptable to say no to request, and to turn down invitations. You don’t have to give a reason either. What’s important here is not to over-commit your time and resources to the point that you no longer enjoy the holidays. Prioritize events and say “no” when necessary. These basic steps can go a long way toward making your holidays less hectic and more enjoyable.



The Tragedy of Drunk Driving

Impaired driving is not an accident; it’s an epidemic of careless disregard for human life. Imagine the public outrage if 33 jumbo jets, each carrying about 400 people crashed every year in America, killing all on board. That’s the equivalent of the toll our country suffers annually due to impaired driving. But where’s the indignation over this catastrophe?

The fact is that impaired-driving deaths did decline dramatically during the 1980s through the early 1990s. Social activism, including the rise of organizations such as MADD, led to tighter laws that helped bring the death toll down. During that period, every State plus the District of Columbia made it illegal to drive with a blood alcohol concentration of .08 grams per deciliter or above. Plus the legal drinking age was changed from 18 to 21.

But within the last decade, the numbers have been essentially stagnant. In 2006 alone, the latest year for which we have data, nearly 13,500 people died in crashes in which a driver or motorcycle rider was legally drunk, according to the National Highway Traffic Safety Administration. Particularly shocking is that among those dead were 306 children under age 15, innocent

victims of crashes that could have been avoided.

In 2006, 6,471 passenger vehicle drivers 21 to 34 years old were killed in motor vehicle crashes. Of those, a total of 3,158 (49%) had illegal Breath Alcohol Contents (BACs) of .08 or higher.

Also, in 2006, 32 percent of all motor vehicle driving fatalities involved a driver or motorcycle rider with a BAC of .08 or above, an average of one fatality every 39 minutes.

If you are arrested for drunk driving, you will be taken to jail and processed. You will be required to provide a sample of your breath to establish the level of alcohol in your blood. Under the Implied Consent Law, anyone who has a driver’s license is required to provide a breath sample if suspected of driving while drunk. If you refuse

to provide a sample you will lose your driver’s license for one year, in addition to any other punishment imposed by the court for drunk driving. You will probably spend time in jail until you are released with a date to appear in court. The court process will be a long, time consuming and expensive process. In addition to punishment imposed by the court, you may face disciplinary action from your commander.

If you chose to drink, don’t drive! Use a taxi or call AAAD 884-8844

FORCE SUPPORT SQUADRON: TAKING CARE OF YOU

Just recently, two of Hurlburt's largest customer service squadrons merged. The Mission Support and Services squadrons are now the new 1st Special Operations Force Support Squadron. The new squadron is designed to take care of you more efficiently ... from entertainment, dining and travel to fitness, education and family support.

When it comes to finding something to do this holiday season, the FSS is here to help. Our annual Tree Lighting Ceremony is Dec. 4 at the Air Park followed by an interactive photo op with Santa at the Youth Center. Last year, we put together our first holiday parade around base housing and it a huge

success. This year promises to be even better. The parade consists of a caravan of boats, lights, trucks, live music and singers, and parade around the three Hurlburt housing areas with Santa and his crew. Reserve the date for Dec. 16!

Check out our holiday sales and specials such as our golf sale, massage therapy packages, dinner theater at the club and more online at www.hurlburtsonline.com or pick up a Marlin Monthly Magazine located at the BX, Commissary, Shoppette, clinic and most of our FSS facilities. Take advantage of the free classes and programs available to you and your family at the Airman & Family Readiness

Center. Finally, college registrations for the spring semester are underway. Visit the Education Center and don't forget to ask them about how spouses can get money for college. For more information on the Force Support Squadron call 884-4252 or 884-6357.



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